

Health Qigong · Commands for Teaching *Ba Duan Jin*

Text: Gong Lihui

Routine	Commands Accompanying Music	Step-by-step Movement	Commands for Step-by-step Movement	Step-by-step Description
Ready Form	Take a step to the left, with shoulder width apart, bend the knees, hold the ball with the arms in front of the abdomen, stand straight comfortably, breathe naturally, keep calm, concentrate on Dantian	Step 1	Stand straight, feet together	Stand straight with feet together, pull in the chin and tuck in the buttocks, both arms hanging loosely at the sides, inhale and exhale slowly and evenly. Look straight ahead.
		Step 2	Stand straight, feet part	Move the body weight onto the right foot with the waist and hips relaxed. Take a step to the side with left foot, toes facing forward and shoulder-width apart. Look straight ahead.
		Step 3	Turn arms inward, swing palms to the sides	Turn the arms inward. Swing the palms up facing backwards, and level with the hips. Looking straight ahead.
		Step 4	Bend knees, hold arms in a semicircle position	Slightly bend the knees. Turn the arms outward, and hold them in a semicircle in front of the abdomen, level with the navel, with the palm facing inward about 10 cm apart. Look straight ahead.
Routine 1 Holding the Hands High with Palms Up to Regulate the Internal Organs	Push the hands upwards, drop them down; <i>push the hands upwards, drop them down;</i> push the hands upwards, drop them down; <i>push the hands upwards, drop them down;</i> push the hands upwards, drop them down; <i>push the hands upwards, drop them down;</i> raise the hands	Step 1	Cross fingers in front of abdomen	Move the arms down a little from the hollow ball-holding position. Separate the fingers, then cross them with the palms facing up in front of the abdomen. Look straight ahead.
		Step 2	Stand upright, lift hands	Slowly straighten the knees to stand upright. Lift the hands with the palms facing upward to the chest level, level the arms and elbows. Look straight ahead.
			Turn palms inward, push upward	Turn the palms inward, push the hands skyward with the palms up. The eyes should follow the back side of the palms. Raise the head but not fall back.
Step 3	Extend arms, look forward	Straighten the elbows to further raise the hands pressing by the ears. Pull in the chin and head. Stretch the abdomen and the		

				upper body. Look straight ahead.
		Step 4	Relax shoulder, spread arms to the sides	Relax the waist, chest, shoulder, elbows and wrists in that order. Spread the fingers and lower the arms to the sides, level with the shoulders.
			Bend knees, hold hands in semi-circular position	Slightly bend the knees, continue to lower the arms, hold the hands in a semicircular position in front of the navel with the palms facing up. Look straight ahead.
				Repeat the above four movements six times with the hands raised and lowered once each time.
Routine 2 Posing as an Archer Shooting Both Left-and Right-Handed	Hold up the wrists, draw the bow, withdraw the left foot; <i>hold up the wrists, draw the bow, withdraw the right foot;</i> hold up the wrists, draw the bow, withdraw the left foot; <i>hold up the wrists, draw the bow, withdraw the right foot;</i> hold up the wrists, draw the bow, withdraw the left foot; <i>hold up the wrists, draw the bow, withdraw the right foot;</i> hold up the wrists, draw the bow, withdraw the left foot; <i>hold up the wrists, draw the bow, withdraw the right foot;</i>	Step 1	Step apart, cross wrists together in front of chest	Move the body weight to the right and make a step sideways with left foot 2 to 3 feet wide. Straighten the knees and stand erect. Raise the hands in front of the chest with left hand at the outside, both palms facing inward. Look straight ahead.
		Step 2	Horse stance, draw a bow	Slowly bend the knees to adopt horse stance. With the fingers bent to form claws, move the right hand to a position in front of the right shoulder and clench the fingers. Separate the thumb from the forefinger of the left hand with the first and second knuckles of the three other fingers slightly bent. Turn the left arm inward and push to the left to a position level with the shoulder. Bend the left wrist with the palm facing left, the elbow slightly bent. The wrist is at the same height as the shoulder like an archer preparing to release an arrow. Eyes look to the left..
		Step 3	Move right foot, open hands	Move the body weight to the right, open both hands. Raise the right hand in a curve to a position level with the right shoulder, with the fingers pointing up and the palm tilting forward. Spread the fingers of the left hand with the palm tilting backwards. Look at the right palm.
		Step 4	Feet together, hold hands in front of abdomen	Move the body weight to the right. Move the left foot back to stand straight with feet together. Lower the hands and hold them together in front of the abdomen with the palms facing up and the fingers pointing to each other. Look straight ahead.
				Movements 5-8 are the same as 1-4, but in the opposite direction.
				Repeat this routine three times on both the right and left sides. When doing the last movement the third time, move the body

				weight further to the left. Withdraw the right foot to stand straight with feet apart about shoulder width, and the knees slightly bent. Move the hands down to imitate holding a hollow ball in front of the abdomen with the palm up and fingers pointing to each other. Look straight ahead.
Routine 3 Holding One Arm Aloft to Regulate the Functions of the Spleen and Stomach	Lift up, put down; <i>lift up, put down</i> ; lift up, put down; <i>lift up, put down</i> ; lift up, put down; <i>lift up, put down</i>	Step 1	Straighten knees, lift palms facing upward	Slowly straighten the knees to stand upright with the feet apart. Raise the left hand past the face. Raise the right hand a little and then turn inward with the palm facing down.
			Raise one palm, press the other palm	Turn the left arm inward to a position above the head on the left side with the elbow slightly bent. Apply strength to the base of the palm that faces upward, the fingers pointing to the right and the tip of middle finger vertically aligned with Jianyu acupuncture point on the shoulder. Press the right palm downward to the side of right hip with the elbow slightly bent, and apply strength to the base of the palm that faces downward with the fingers pointing forward. Look straight ahead.
		Step 2	Turn arm inward, palm downward	Bend the left elbow and turn the left arm outward down past the face. Relax the wrist of the right palm and move the hand up.
			Bend knees, hold hands in front of abdomen	Move the body weight slowly down and bend the knees slightly with the wrist relaxed and the hips down. Move both hands to a level position in front of the abdomen with both palm facing up and fingers pointing to each other about 10 cm apart. Look straight ahead.
				Movements 3-4 are the same as 1-2, but in the opposite direction.
				Execute the movements three times, each time left and right. During the last repetition, press the right hand down at the side of the right hipbone with the palm facing down and fingers pointing forward. Look straight ahead.
Routine 4 Looking Backwards to Prevent	Stand up, look back, turn the head back; <i>stand up, look back, turn the head back</i> ; stand up, look back, turn the head back; <i>stand up, look</i>	Step 1	Stand up straight, relax wrists	Straighten the knees slowly to stand upright with the feet apart. Straighten both arms, relax the wrists with the palms facing backward and the fingers pointing down.
			Turn arms outward, look	Turn the arms fully outward to the sides about 45° with the palms out. Pull back the shoulder muscles and pull in the

Sickness and Strain	<i>back, turn the head back; stand up, look back, turn the head back; stand up, look back, turn the head back</i>		back	chin. Turn the head left to look back. Do not lean the upper body to the back nor turn the shoulder to either side.
		Step 2	Bend knees, press the palms down	Relax the waists and hips. Move the body weight slowly downward with the knees slightly bent. Turn the arms inward, press the palms facing down at the sides with the fingers pointing forward. Turn the head and look straight forward.
				Movements 3-4 are the same as 1-2, but in the opposite direction.
				Execute this routine three times, each time left and right. During the last repetition, slightly bend the knees and move the hands to a position in front of the abdomen, palms up and fingers pointing to each other. Look straight ahead.
Routine 5 Swinging the Head and Lowering the Body to Relieve Stress	Raise the hands, press down, lean to the right, turn to the left, swing the head and tail; <i>lean to the left, turn to the right, swing the head and tail;</i> lean to the right, turn to the left, swing the head and tail; <i>lean to the left, turn to the right, swing the head and tail;</i> lean to the right, turn to the left, swing the head and tail; <i>lean to the left, turn to the right, swing the head and tail;</i> raise the hands	Step 1	Raise hands, feet apart	Move the body weight to the left. Move right foot to the right about 2 to 3 feet wide and stand straight. Raise the hands and turn the arms inward when they are chest high. Continue lifting the hands to above the head with the elbows slightly bent, palms up and the fingers pointing to each other. Look straight ahead.
		Step 2	Horse stance, press hands lightly on knees	Slowly bend the knees to assume horse stance. Let the arms hang down the side supporting lightly above the knee joints with the elbows bent and the outside of the little fingers facing outward. Look straight ahead.
		Step 3	Move upper body to right, tilt body forward	Raise the body weight slightly, move it to the right and tilt the upper body to the right and forward. The head is above the right knee and slightly above buttocks. Fix the gaze on the tip of the right foot.
		Step 4	Shift body weight, swing to left	Shift the body weight to the left. Move the upper body forward and then swing to the left. The head is above the left knee. Look at right foot.
		Step 5	Swing body from head to tail	Shift the body weight to the right to assume horse stance. Move the head backward, wag the tailbone to the front. Straighten the upper body, pull in the chin and look straight ahead.
				Movements 6-8 are the same as 3-5, but in the opposite direction.
				The routine should be repeated three times, each time to the

				left and right. Then shift the body weight to the left and withdraw the right foot to stand upright with feet shoulder-width apart. Raise the arms from the sides to above the head with the palms facing each other. Look straight ahead. Bend the knees slightly and lower the body weight slowly with the waist relaxed and the hips down. At the same time, bend the elbows and press the hands down past the face to a position in front of the abdomen with the fingers pointing to each other. Look straight ahead.
<p>Routine 6</p> <p>Moving the Hands Down the Back and Legs, and Touching the Feet to Strengthen the Kidneys</p>	<p>Raise the arms, press down, spread the arms backwards, move and massage, hold the feet; <i>raise the arms, press down, spread the arms backwards, move and massage, hold the feet</i>; raise the arms, press down, spread the arms backwards, move and massage, hold the feet; <i>raise the arms, press down, spread the arms backwards, move and massage, hold the feet</i>; raise the arms, press down, spread the arms backwards, move and massage, hold the feet; <i>raise the arms, press down, spread the arms backwards, move and massage, hold the feet</i>; raise the arms</p>	Step 1	Straighten knees, raise arms above head	Straighten the knees to stand up with the feet apart. Point the fingers forward, raise the arms forward and then up above the head with the elbow joints straight and the palms facing forward. Look straight ahead.
		Step 2	Turn palm outward, press palm down	Turn the arms outward so that palms face each other. Bend the elbows and press the hands down to the front of the chest with the palms down and the fingers pointing to each other. Look straight ahead.
		Step 3	Turn arms outward, insert hands to the back of upper body	Turn the arms outward with the palms facing up. Insert the hands to the back of the upper body from under the armpits. Look straight ahead.
		Step 4	Massage body, hold feet	Move the hands along the sides of the spine to the hips and tilt the upper body forward. Move the hands further down along the back of the thighs to the heel and the insteps past the arches of the feet. Lower the waist and raise the head. Look down forward.
		Step 5	Raise arms, stand erect	Move the palms forward along the floor, keep the arms straight and then raise the arms pressing by the ears, erect the body with the elbows straight and the palms facing to the direct front, relax the neck. Look straight forward.

<p>Routine 7</p> <p>Thrusting the Fists and Making the Eyes Glare to Enhance Strength</p>	<p>Clench the fists, thrust left fist and make the eyes glare, grasp, withdraw; <i>thrust right fist and make the eyes glare, grasp, withdraw</i>; thrust left fist and make the eyes glare, grasp, withdraw; <i>thrust right fist and make the eyes glare, grasp, withdraw</i>; thrust left fist and make the eyes glare, grasp, withdraw; <i>thrust right fist and make the eyes glare, grasp, withdraw</i></p>	Step 1	Horse stance, clench “Wogu” fists	Move the body weight to the right. Move left foot one step to the left to adopt horse stance. Press the tip of the thumb at the proximal end of the ring finger and fold the other fingers over the thumb to make a solid “Wogu” fist. Clench fist forcefully at sides of waist near the ribs with the thumb-side up. Look straight ahead.
		Step 2	Horse stance, thrust fist	Slowly thrust the clenched left fist forward to shoulder level with thumb-side up. Lightly wrench the wrist and relax the shoulder with elbow slightly bent. Do not tilt the upper body forward. Make eyes glare while looking at the left fist.
		Step 3	Turn arms inward, clench “Wogu” fist	Turn the left arm inward. Loosen the left fingers and point the thumb down, twist the wrist, slightly bent the elbow and point fingers to the right. Look at the left palm. Turn the left arm outward pointing the fingers down, palm up and clench the fingers to “Wogu” fist forcefully. Look at the left fist.
		Step 4	Horse stance, withdraw fist	Bend the left elbow, turn the arm inward and retract the fist to the side of the waist with the thumb-side up. Look straight ahead.
				Movements 5-7 are the same as 2-4, but in the opposite direction.
				Execute the movements three times, each time left and right. Then move the body weight to the right and withdraw the left foot to stand straight with the feet together. Unclench the fists and let the arms hang loose at the sides. Look straight forward.
<p>Routine 8</p> <p>Raising and Lowering the Heels to Cure Diseases</p>	<p>Raise the heels, lower them; <i>raise the heels, lower them</i>; raise the heels, lower them; <i>raise the heels, lower them</i>; raise the heels, lower them; <i>raise the heels, lower them</i></p>	Step 1	Raise heels, head up	Raise heels, at the same time crane the neck and push up with the head erect. Forcefully grasp the floor with the toes. Pull in the buttocks and contract the abdomen. Look straight ahead.
		Step 2	Relax and lower the heels, tapping floor	Relax the whole body, lower the heels halfway then tap the floor lightly. Look straight ahead.
				Do the movements seven times, each time raising and lowering the heels.

Closing Form	Turn the arms inwards, look serene with whole body relaxed, breathe evenly, sink Qi to Dantian	Step 1	Swing arms inward	Turn arms inward and swing them to the sides until they are level with the hip bones with the palms facing backward. Look straight ahead.
		Step 2	Bend elbows, overlap palms	Bend the elbows, swing the arms to the front and overlap the palms at Dantian with the left hand inside. Breathe naturally. Look straight ahead.
		Step 3	Hang arms, stand still	Let the arms hang loosely with the hands lightly touching the outside of the thighs. Be calm and composed. Look straight ahead.

References

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